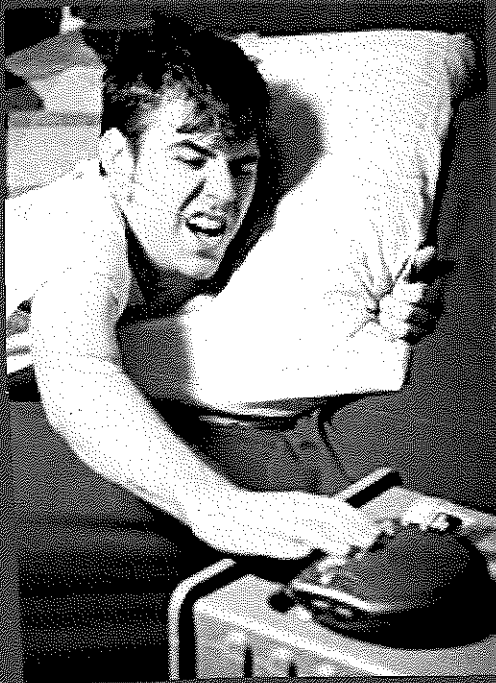
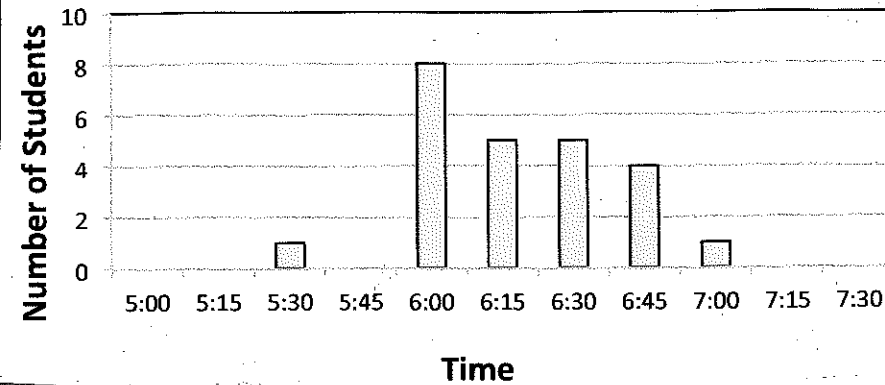


Slumber Numbers

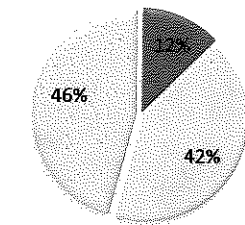


What Time Do You Wake Up?



Do you have trouble falling asleep?

Yes Sometimes No

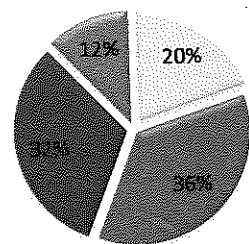


Summary

My research has shown that our class does not get enough sleep. This is because teenagers are supposed to get at very least $8\frac{1}{2}$ hours of sleep a night, while our class average is only $7\frac{2}{3}$ hours. It is normal for teenagers to fall asleep at around 11:00. So if this is the case, they should wake up at around 7:30 to get the minimum healthy sleep level. For our class, the average time to go to bed is about 10:00, and our average time to wake up is about 6:15. If we only slept around 15 minutes longer on average, we would as a class be generally ok. However, only 20% of our class does get enough sleep normally. This is actually more than the national average for getting at least $8\frac{1}{2}$ hours of sleep, though, that only being 15%. It is actually far healthier to sleep around $9\frac{1}{4}$ hours a night, but $8\frac{1}{2}$ is pretty good. Getting enough sleep is quite important so you can perform your best throughout the day. Also, not getting enough sleep can lead to skin problems, aggressive behavior, cause you to eat unhealthily, and just not allow you to be as alert and learn as well as you could. So if that 80% of the class who is not getting enough sleep, starting to would help you in more ways than one.

Hours Slept Compared to How Many Are Supposed to be Slept

Enough (At least 8.5 hours) Less than an hour off
One to two hours off Over two hours off



What Time Do You Go To Bed?

